



"Ah, ha, ha, ha Stayin' Alive! Stayin' Alive!"

The Medical Center of Plano wants
YOU to have a Healthy Heart!



This year's heart disease awareness campaign, "**STAYIN' ALIVE**" has been designed to provide you information on identifying symptoms of a heart attack and stroke, tests and screenings available to identify if you are at increased risk or if you already have heart disease and things you can do to help yourself . . . and others. Over the next few weeks via weekly "**STAYIN' ALIVE**" Bytes, Seminars, and a FREE community **HEART SMART Health Fair**, we'll be giving you tips on what you can do to love your heart and live better longer.



UPCOMING SEMINARS

IF I ONLY KNEW:

Thursday, February 4

7:00 PM

"If I knew then what I know now, I would be able to understand myself better and live healthier" are words that are often heard but not understood. Cardiologist Marc Krock, M.D., will discuss the physical and emotional impact of heart disease on the patient and family members.

Please call **972.519.1437** for reservations.



DON'T MISS A BEAT:

Monday, February 8

6:30 PM

Keep your "ticker" ticking! Cardiac electrophysiologist Raj Abrol, M.D., will discuss atrial fibrillation. Treating this condition can prevent stroke. Learn the symptoms and treatment of this condition.

Please call **214.473.7317** for reservations.



KEEP YOUR HEART BEATING:

Thursday, February 18

7:00 PM

Learn from cardiologist Mordecai Klein, M.D., and emergency medicine physician Mark Gamber, D.O., how the partnership between EMS and the hospital will keep your heart beating and help you live longer. The Medical Center of Plano is the only Accredited Level III Chest Pain Center with PCI in Collin County and uses the latest technology to help victims of a heart attack survive.

Please call **972.519.1437** for reservations.

These special events will be held in the Auditorium at Medical Center of Plano, Bldg. 3, Suite 315, located on the northwest corner of Coit and 15th Streets.



The Medical Center of Plano